

What is claimed is:

1. A method for treating an indication resulting from an IgE-mediated response in a mammal comprising administering to the mammal an IgE downregulating effective amount of a peptide having the formula f-Met-Leu-X where X is selected from the group consisting of Tyr, Tyr-Phe, Phe-Phe and Phe-Tyr.

2. The method of claim 1, wherein another active ingredient is administered with said peptide, said active ingredient being selected from the group consisting of anti-leukotrienes, beta<sub>2</sub> agonists and corticosteroids.

3. A method for downregulating a receptor for IgE comprising administering a IgE receptor downregulating effective amount of a peptide having the formula f-Met-Leu-X, wherein X is selected from the group consisting of Tyr, Tyr-Phe, Phe-Phe and Phe-Tyr.

4. The method of claim 3, wherein the IgE receptor is selected from the group comprising Fc<sub>ε</sub>RI, Fc<sub>ε</sub>RII, and soluble Fc<sub>ε</sub>RII.

5. A method for downregulating CD40 ligand, thereby preventing further involvement thereof in IgE production, the method comprising administering a CD40 ligand downregulating effective amount of a peptide having the formula f-Met-Leu-X where X is selected from the group consisting of Tyr, Tyr-Phe, Phe-Phe and Phe-Tyr.

6. A method for inhibiting IgE secretion by plasma cells comprising contacting said plasma cells with an IgE secretion inhibiting effective amount of a peptide having the formula f-Met-Leu-X where X is selected from the group consisting of Tyr, Tyr-Phe, Phe-Phe and Phe-Tyr.